



ARTHRITIS
TALKS

Smart strategies to manage joint pain and stiffness

April 9, 2025



Presenters



Shawn Brady
Vice-President, AREP and Innovation
Arthritis Society Canada
(Moderator)

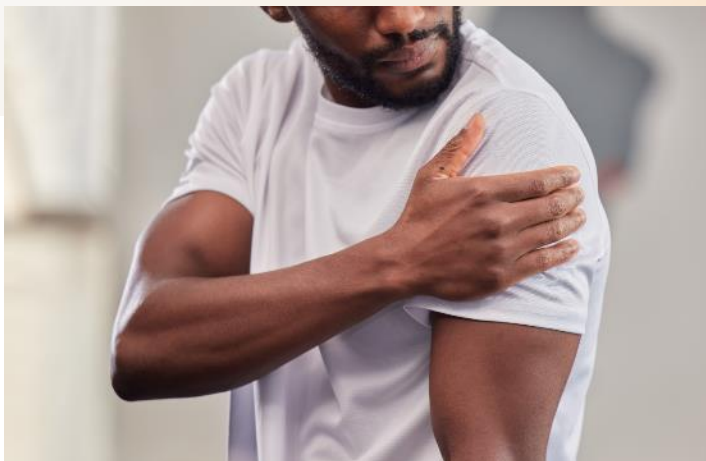


Lauren Macgillivray
Occupational Therapist
Arthritis Rehabilitation and Education
Program, Ontario

Webinar tips

- Use the Q&A section to ask the presenters your questions. Some of the questions will be chosen for the live question period at the end of the webinar.
- Click on the Chat box to connect with other participants and the Arthritis Society's Canada's chat moderator.
- If you have further issues, email arthritistalks@arthritis.ca

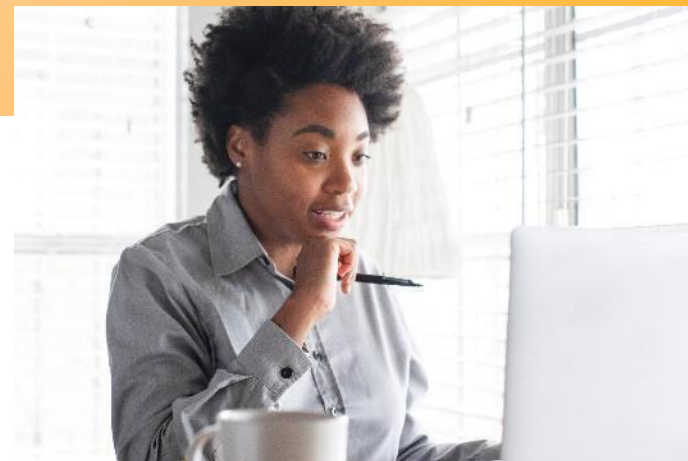
The screenshot shows the Arthritis Society Canada webinar interface. The main content area displays the Arthritis Society Canada logo. On the right, a Q&A window is open, titled 'Q&A' with a close icon (X). The window contains the text: 'Welcome to Q&A' and 'Questions you ask the host and panelists will show up here'. At the bottom, there is a control bar with several buttons: 'Audio Setting' (with an upward arrow), 'Show captions' (with a CC icon), 'Q&A' (with a speech bubble icon), 'Chat' (with a speech bubble icon), and a red 'Leave' button. Three yellow callout boxes provide instructions: 1. Top right: 'Click on the x icon to exit out of the Q&A or Chat' pointing to the close icon in the Q&A window. 2. Bottom left: 'Click here to access your audio settings' with a downward arrow pointing to the 'Audio Setting' button. 3. Bottom right: 'Click here to chat or to submit a question' with an upward arrow pointing to the 'Q&A' and 'Chat' buttons.



Arthritis basics



Tips & tricks



Q & A

Thanks to our partners

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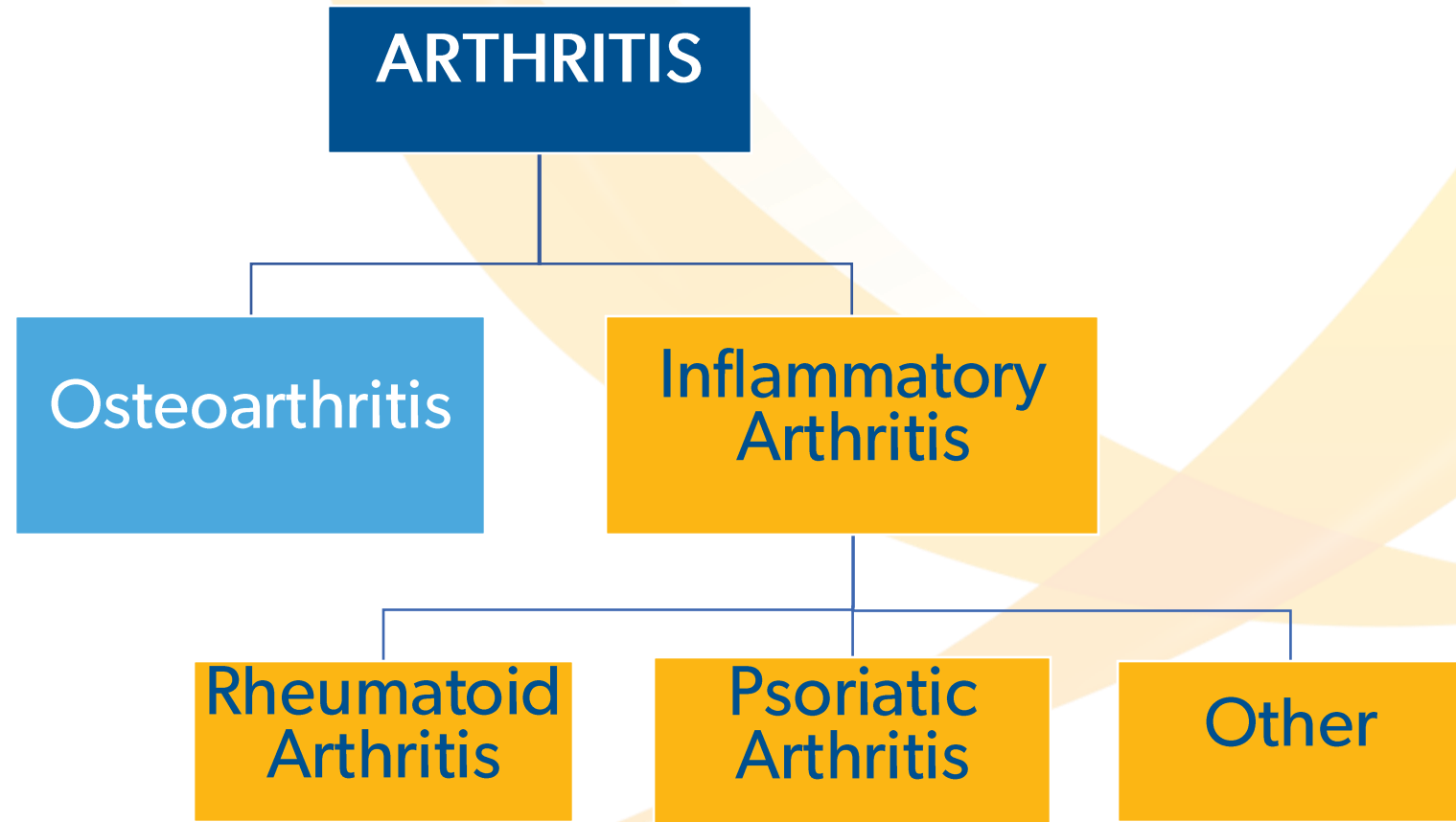
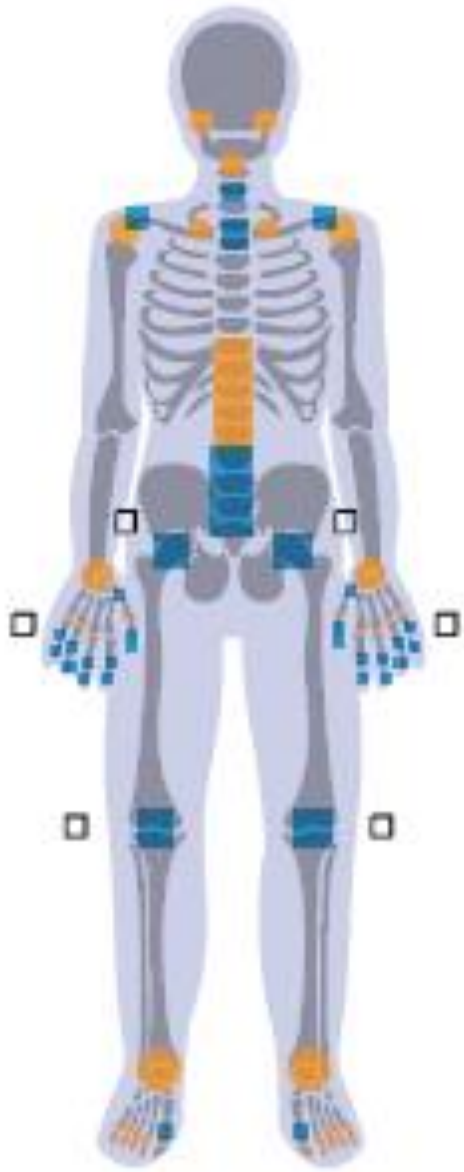


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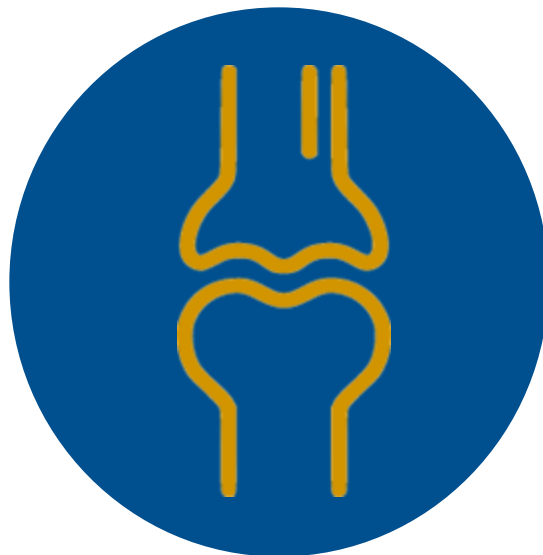
Q: Why does arthritis make everyday tasks so challenging?



How does arthritis affect a joint?



How does arthritis affect you?



PHYSICAL



FUNCTIONAL



EMOTIONAL

40%
**have pain that
limits activities**



Source: ACREU 2023, based on CCHS 2019-2020

5x
**as likely
to have
mobility
problems**



Source: ACREU 2023, based on CCHS 2017



Q: What can you do to manage your arthritis?

**What can help
arthritis?**



**Self-
Management**

- Education
- Physical Activity & Exercise
- Weight Management
- Joint Protection & Activity Modification
- Pain Management Strategies

**Medical
Management**

- Medications
- Surgery

What are some ways to modify activities?



Pace Yourself



Prioritize Tasks



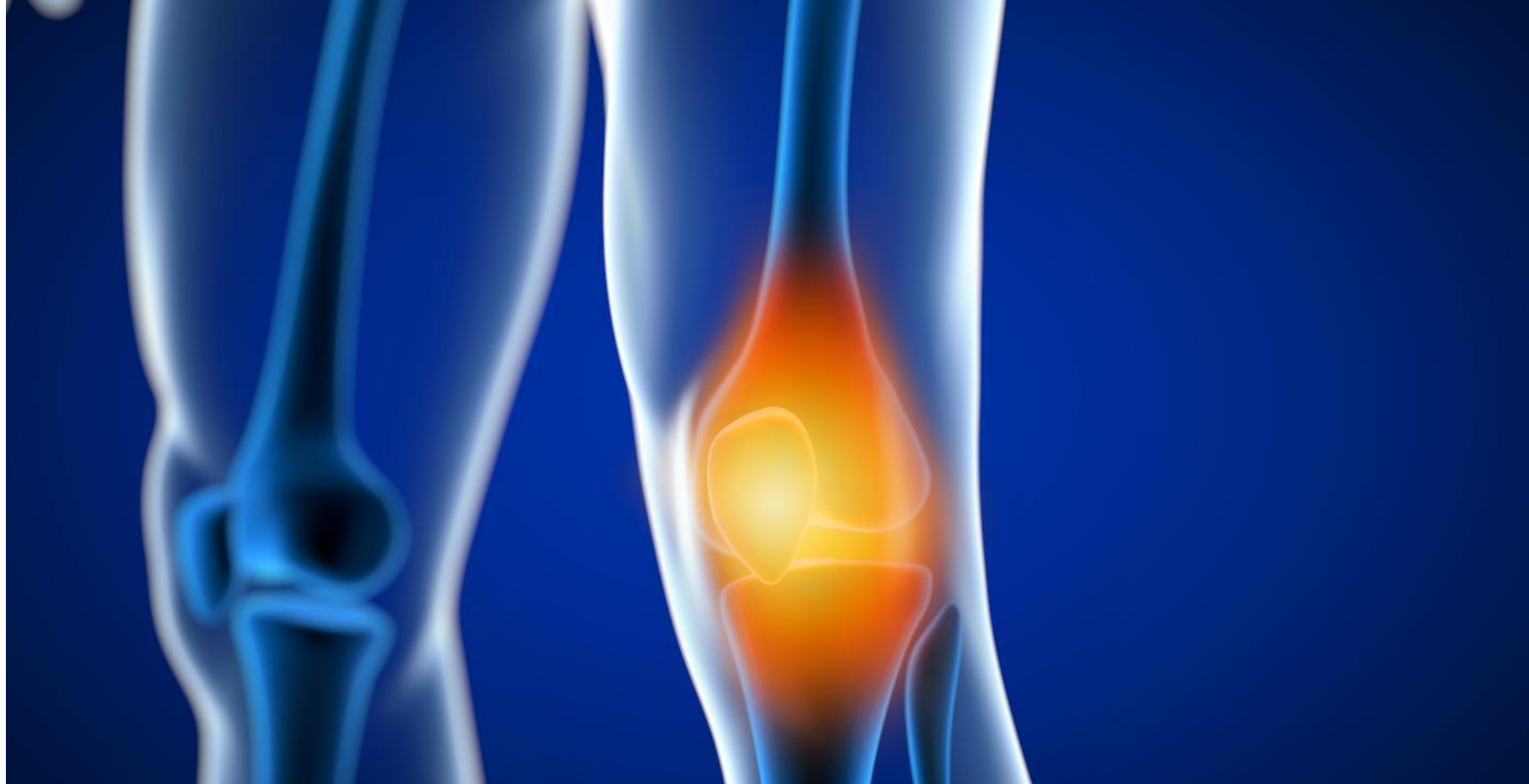
Change Method



Use Braces



Use Devices



Q: What recommendations do you have for people who primarily struggle with arthritis in their hips and knees?

Tips for walking

- Use gait aids
- Use walking poles
- Use knee supports
- Pace yourself



Tips for standing

- Alternate sitting & standing
- Use stools
- Use sit-to-stand surfaces



Tips for bending

- Use long handle devices



Tips for sitting

- Use higher seat heights
- Sit on firm cushions
- Use furniture risers
- Sit with both feet flat on the floor



Difficulty standing up?

- Move to the front of the chair
- Use proper technique
- Use grab bars



Poor Technique



Proper Technique

Tips for driving

- Sit down, then lift legs in
- Sit in slight recline
- Slide seat back to get out
- Turn & plant both feet before standing
- Stop & take breaks





Q: What do you recommend for people that struggle with arthritis in their ankles and feet?

Tips for walking

- Use gait aids
- Use walking poles
- Use ankle supports
- Wear supportive footwear
- Pace yourself



Tips for supportive footwear

- Consider using orthotics

Lace-up or velcro

Cushioned heel collar

Soft upper

Firm heel counter

Deep/wide toe area



Wide/stable heel

Non-slip/cushion sole



Q: What do you recommend for people that struggle with arthritis in their hands?

Tips for gripping

- Use devices
- Large handles
- Non-slip grips
- Wear braces
- Avoid prolonged holding – use stands
- Limit repetitive tasks
- Use lightweight equipment



Tips for opening jars

- Use devices
- Non-slip
- Use larger joints



Tips for lifting

- Push/Pull
- Slide
- Use wheels
- Use larger joints
- Distribute weight



Tips for planning activities

- Vary tasks
- Take frequent breaks
- Rest when sore
- Alternate heavier & lighter tasks
- Use good joint posture



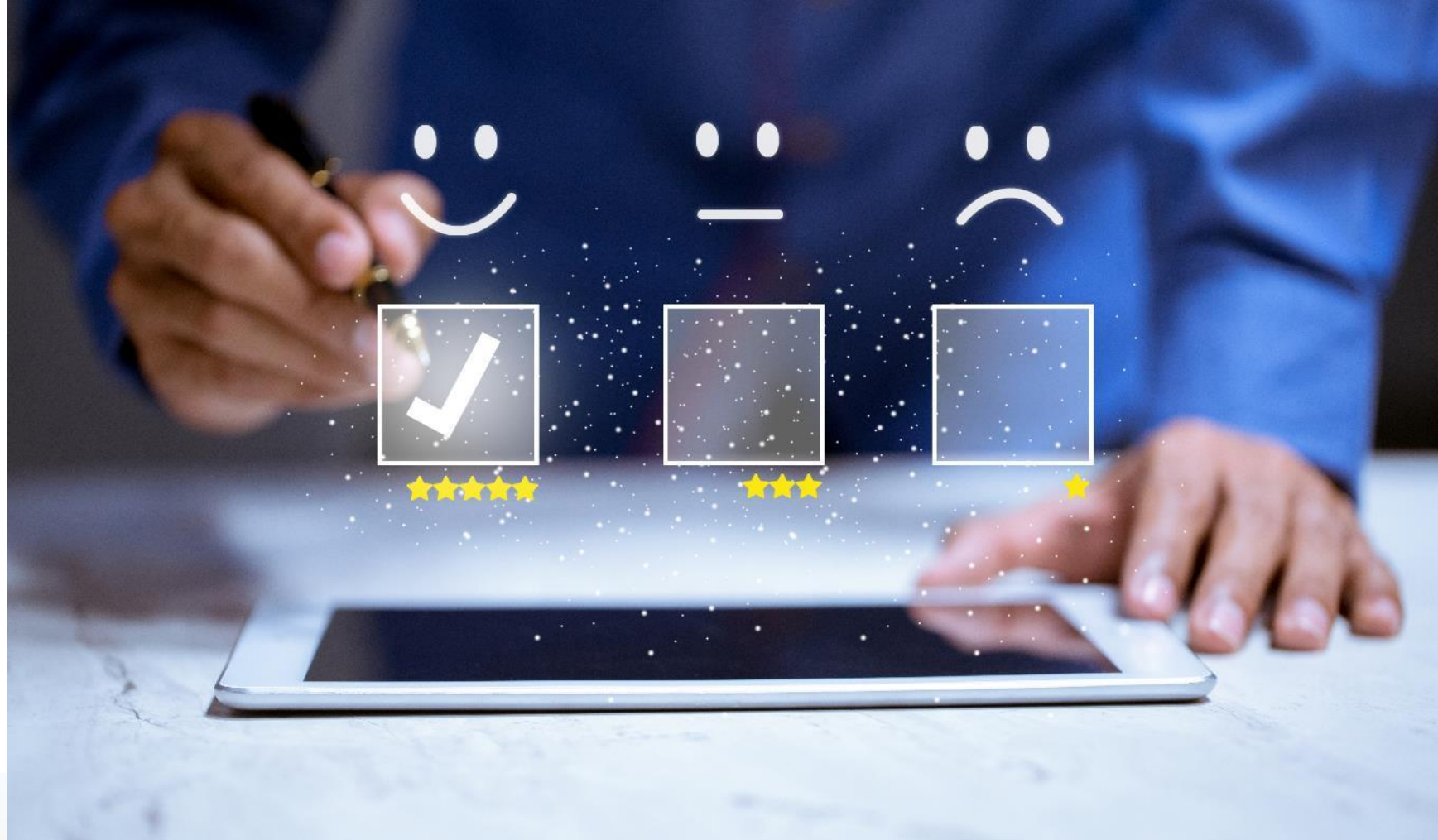


Q: What excites you about the future for those diagnosed with arthritis today?





Questions



Tell us what you think...



Take action at arthritis.ca/fedelection2025

